

Agendas for weeks 10 – 19

Week 10: Learn how to throw a Frisbee to still target and moving target. Inside and outside. Play ultimate Frisbee.

Week 11: Pillow Polo. Learn rules and play pillow polo games.

Week 12: Learn rules of handball and play handball games.

Week 13: Learn rules of Speedball and play speedball games.

Week 14: Health – Nutrition

Week 15: Basketball skills and drills

Week 16: Large Group Games and locker clean-out

Week 17: Basketball Games – Half court and Full court

Week 18: Basketball games – Shooting and Passing

Week 19: Revisit volleyball, Football, Frisbee and Pillow polo. Play games of each sport. Play large group games on Monday and Tuesday before Thanksgiving. Clean out lockers on Tuesday the 20th.